

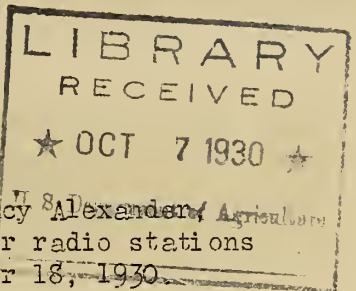
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GROUND BEEF IN SAVORY WAYS.



An interview between Miss Ruth Van Deman and Miss Lucy <sup>8</sup>Alexander, Agricultural Bureau of Home Economics, delivered through WRC and 37 other radio stations associated with the National Broadcasting Company, September 18, 1930.

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MISS VAN DEMAN:

One day last January, Miss Alexander and I had the pleasure of talking with you about broiling thick, juicy steaks, and roasting prime ribs of beef. You may remember? We certainly do. We never had so many letters to answer before, in all our lives, as after that talk.

We told, then, some of the latest wrinkles, found in Government laboratories for the cooking of the choice tender cuts of meat. The Government is, as you know, cooperating with twenty-five States, and several other agencies, in the effort to find better, surer methods of producing quality in meat. At every step of the way, right up to the dinner table, the meat is studied.

Perhaps you will remember, too, that up to last January Miss Alexander had cooked some 1600 legs of lamb, as her part in this big research project on meats. Over 300 more have been added to her total since. In fact, eight lamb legs, bringing the grand total up to 1957, to be exact, are roasting in the ovens of the Bureau of Home Economics right now. Miss Alexander has left them just long enough for this broadcast. I assure you though, an assistant is keeping careful watch, and making the necessary records on time and temperature. There is no guesswork about this scientific cooking of meat from experimental animals!

Now, today we are going to answer some questions that are often asked us about cooking the less tender, leaner cuts of beef. These are also, usually, the less expensive cuts. So this ought to interest everybody. These less tender meats, don't let us forget, are just as full of food value, and every bit as savory and appetizing as the higher priced steaks and roasts, if prepared right.

Though by nature these cuts are less tender than some others, the method of preparation can overcome even that. As long as this is a machine age, why not let the meat grinder deal quickly and easily with these least tender cuts of beef first? Then the ground meat can be broiled and baked, just as though it were tender to start with. But perhaps I'm stealing some of Miss Alexander's thunder! Won't you tell us, Miss Alexander, what is your choice among the less tender cuts for grinding? Aren't there beef cuts that it is true economy to use as ground meat?

MISS ALEXANDER:

Yes, Miss Van Deman. I like to utilize the lower round of beef for grinding. Excellent ground meat can also be made from the fore part of the

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chuck, from lean sections of brisket, and other well-flavored small pieces of lean. These are more economical than upper round for grinding. The needed fat is easily supplied by suet, or salt pork, or bacon. Ask the butcher to grind the suet along with the lean. Whether for loaf, or hamburger, or patties, or whatever the dish, meat is best ground medium fine.

Another good point about using the less tender cuts as ground meat, I think, is that you can buy exactly the quantity you want. It isn't like buying a rib roast, or a sirloin steak. There you need a rather large, thick piece to cook well. But with ground meat, the meat dealer can accommodate you with a half a pound as easily as with three pounds. And since it is solid meat that you are buying, with no waste, you can tell exactly how many it will serve at the table.

MISS VAN DEMAN:

Those are certainly good marketing tips, Miss Alexander. Ground beef seems an equally good buy for the family of two, or the family of six.

You spoke of beef loaf. I still remember the savory beef loaf I tasted once in your testing kitchen. And how perfectly it sliced when cold! We have the recipe for this beef loaf for anyone who wants it. But won't you just tell us some of the special points about making a meat loaf?

MISS ALEXANDER:

For a good beef loaf, start with well-flavored, uncooked meat from a less tender cut. To give richness, add a generous quantity of mild-flavored salt pork or beef suet. Personally, I prefer salt pork in meat loaf. To give savour, there should be onion, celery, and parsley, chopped fine, and cooked in the salt pork drippings.

A thick, white sauce for binder, that's another important point in meat loaf. It holds the tiny particles of meat together, and is better than egg as a binder. Fine, dry bread crumbs are added, to keep it from packing too solidly.

Then, the ingredients of a meat loaf should be thoroughly mixed. I work them together with the hands, until I have a perfectly blended, sticky mixture of ground, raw beef, diced browned salt pork, thick milk-and-flour sauce, bread crumbs, and savory seasonings.

MISS VAN DEMAN:

When you get your meat loaf mixed, Miss Alexander, how do you bake it? Do you pat it down in a bread pan?

MISS ALEXANDER:

No, I bake a meat loaf on just the same principle I roast a tender cut. Instead of packing the mixture down in a deep pan, where only the top can

brown, I mold it into a loaf on heavy paper. Then I slip it, paper and all, onto a rack in an open roasting pan, and put it into a moderate oven. I never add a drop of water, and never put a lid over it. And I never have to baste.

A meat loaf of this kind slices well, either hot or cold. For cold slicing, let it stand over night to chill thoroughly. Then you can slice it thin enough to make sandwiches for the children's lunch box, or to serve for a guest luncheon.

MISS VAN DEMAN:

School lunches, that is a timely subject. Do you know of a good way of making a hot dish with ground beef that children like?

MISS ALEXANDER:

Yes, a very quick and tasty hot dish for children -- and grown-ups like it just as well -- is ground beef broiled on toast. Toast the bread on one side, butter the other, and spread generously with ground, uncooked beef. Dot with butter, and broil under the flame, for 5 to 10 minutes. Add the seasoning and serve at once. A pound of ground raw meat will cover eight or nine slices of toast.

MISS VAN DEMAN:

Hamburg for the younger generation, you might call that.

Miss Alexander also has in the leaflet on "Cooking Beef According to the Cut," a recipe for hamburg on onion rings, another very savory way of serving ground beef. There are recipes too for pot roast, swiss steak, and a most appetizing stuffed flank steak. If you wish these recipes for beef, write to the Bureau of Home Economics, here in Washington.

